

2011

Resource Guide

For
**Families and Caregivers
of Children with
Special Needs
and
Mental Health Challenges**



Developed by the 0-5 Committee
Jefferson County

Our Mission

As a committee it is our mission to help the children and families of Jefferson County by providing information, advocacy and resources to families, service providers, schools and community members.

Our Vision

As a 0-5 committee, we strive to develop resources for families and care givers through collaboration and networking so families with children can receive the services they desire and deserve, so they can live happy, healthy lives within the Jefferson County Community.



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Abuse/Neglect

Prevent Child Abuse Wisconsin—Women, Children & Families

211 S. Paterson, Suite 250

Madison, WI 53703

1-800-children

608/ 244-5376

pcawi@preventchildabusewi.org

www.preventchildabusewi.org

Services: Offers community resources, provides training and public awareness, and carries out advocacy activities in order to strengthen child abuse prevention efforts.

Adoption

Adoption Advocates, Inc.

2317 International Lane Suite 119

Madison WI 53704

608/ 246-2844

adoptionadvocates@aaiwi.org

www.aaiwi.org

Services: Adoptive family preparation, education and support, Post adoptive placement services, Home study services, Community education.

Adoption in Wisconsin

866/666-5532

<http://dcf.wisconsin.gov/children/adoption/default.htm>

Services: Information about adopting a child in the state of Wisconsin.

Adoption Resources of Wisconsin

6682 West Greenfield Avenue Suite 310

Milwaukee, WI 53214

1/800/762-8063

info@wiadopt.org

<http://adoptionresourcesofwi.org/>

Services: Information and resources about adoption and special needs adoption.

Advocacy

Family Ties

800/ 422-7145

<http://www.wifamilyties.org>

Services: A non-profit organization for families of children with emotional, behavioral, and mental disorders that provides information, referrals, and advocacy to families. Also provides training for parents as advocates and conducts community education and support groups.

Family Voice

608/ 239-1364

<http://www.familyvoices.org/about?id=0002>

Services: Family Voices aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities.

Wisconsin FACETS

Wisconsin Family Assistance Center for Education, Training & Support ("WI FACETS") is a statewide non-profit organization, with its main office located in Milwaukee, Wisconsin.

www.wifacets.org

Services: provides 5 core services to help parents and others support and enrich the lives of children with disabilities.

Benefits Information

SSI (Supplemental Security Income)

1/800-/ 325-0778 TTY

1/800/ 772-1213 (National) 7am–7pm M–F

webmaster@ssa.gov

www.ssa.gov/chicago/wisconsin.htm

Services: Information or questions regarding SSI benefits. SSI makes monthly payments to people who have low income and few resources and are age 65 or older, blind or disabled.

Charity Service Agencies

Catholic Charities-Diocese of Madison

426 South Yellow Stone Dr. Suite 100

Madison WI 53719

608/ 833-4800

<http://catholiccharitiesofmadison.org/>

Services: Adoption Services, Affordable Family Rental Housing, Aging Services, All Saints Neighborhood Senior Living, Assisted Living and Memory Care, Alcohol and Drug Abuse Treatment, Developmental Disabilities Services, Parish Mobile Food Pantry.

Lutheran Social Services

5 Odana Court Madison WI 53719

608/ 277-0610

<http://lsswis.org/>

Services: Mental health and substance abuse services.

Childcare Information

Community Coordinated Childcare, Inc.-4C

5 Odana Court Madison WI 53719

1/800/ 750-5437

608/271-9181

www.4-c.org

Services: Resource and Referral for child care services through support and expertise.

Wisconsin Department of Workforce Development

Services: Assists in paying child care expenses for W-2 participants, and teen parents.

<http://dcf.wisconsin.gov/childcare/wishares/default.htm>

Jefferson County Workforce Development Center

874 Collins Road

Jefferson, WI 53549

920/ 674-7500

www.co.jefferson.wi.us/workforce

SERVICES OFFERED THROUGH OPPORTUNITIES, INC.

Benefit Consultation	Benefits	Transition Services
Guardianship	Legal	Community Support
Restorative Justice	Legal	Youth Services
Assistive Technology	Disability	Transition
Supportive Living Services	Disability	Community Support
Adult Day Services	Disability	Community Support
Job Preparations and Development	Vocational	Training and Employment
Job Coaching	Vocational	Training and Employment
Assessment	Vocational	Transition
Center Based Employment	Vocational	Training and Employment
Transition Services	Education	Transition
Youth Apprenticeship program	Education	Youth Services
Summer Enrichment	Education	Summer Enrichment

Location of Opportunities Facilities

Opportunities, Inc.—Fort Atkinson

200 E. Cramer Street, Fort Atkinson, WI 53538

Opportunities, Inc.—Oconomowoc

662 Armour Road, Oconomowoc, WI 53066

To obtain program information, contact:

Director of Vocational Services

1/800/ 314-4567

supportdirector@oppinc.com

www.oppinc.com

**Transition Services are provided by
local and statewide agencies**

Listed by County—<http://www.wsti.org/trd.php>

Transition Topics A-Z

Complete list of transition topics online at

http://www.wsti.org/transition_topics.php

Children and Families

Jefferson County Birth to 3 Program

1541 Annex Road

Jefferson, WI

920/674-7386

www.jeffersoncountywi.gov

Wisconsin Birth to 3 Program

1/608/ 261-6836

Jefferson County Human Services

Jefferson County Wraparound Project

Jefferson County Comprehensive Community Services

Jefferson County Human Services Department.

1541 Annex Road

Jefferson WI 53549

920/ 674-3105

920/ 674-5011 TTY

www.jeffersoncountywi.gov

Jefferson County Headstart

1541 Annex Road

Jefferson, WI

920/ 674-5577

1/800/ 332-5577 Toll free

Head Start is a Federal and State funded preschool program for income eligible families.

www.jeffersoncountyheadstart.schools.officelive.com

Waisman Center

1500 Highland Ave.

Madison, WI 53705

608/ 263-1656

www.waisman.wisc.edu

Services: provides comprehensive support and services to people with disabilities and their families. May include testing or evaluations for...

Developmental Disabilities —(that occur before the age of 22), such as Autism, Down syndrome, cerebral palsy, fragile X syndrome, epilepsy, and mental retardation.

Neurodegenerative Diseases—a variety of disorders characterized by a gradual decline in central nervous system functions. Examples; Parkinson's, ALS, and Alexander disease.

Wisconsin Association of Family & Children's Agencies (WAFCA)

131 W. Wilson, Suite. 901

Madison, WI 53703

608/ 257-5938

608/ 257-6067 (fax)

www.wafca.org

Services: (WAFCA) is a non-profit organization that develops and provides advocacy, training and information services for its member agencies and the people they serve.

Wisconsin's Birth to 3 Program

1 West Wilson St.

Madison, WI

1/800/ 642-7837

608/ 266-8276

www.dhfs.state.wi.us/bdds/birthto3/index.htm

Services: Information and resources for parents with children under 3.

Wisconsin Council on Children and Families

16 North Carroll Street Suite 426

Madison, WI 53703

608/ 284-0580

608/ 284-0583 (fax)

or

1442 N. Farwell #508

Milwaukee, WI 53202

414/ 831-8880

414/ 292-9127 (fax)

www.wccf.org

Services: Multi-issue child and family advocacy organization, providing research, policy analysis, public education and advocacy.

Wisconsin First Step

1/800-642-7837

www.mch-hotlines.org

Services: Public Health Information & Referral

Services for Women, Children & Families

A 24 hour information and referral hotline for children and adolescents with special health care needs.

Wisconsin Maternal and Child Health Hotline

800/ 722-2295

24 hours a day/7 days a week

www.mch-hotlines.org

Services: Maintains a database of resources providing services for women, children and families.

Counseling Agencies—Out of County

Dean Psychiatry Clinic

1600 Jefferson Street

Baraboo, WI 53913

608/ 355-6880

Birch Springs East

6320 Monona Dr. #312

Madison, WI 53716

608/ 255-0435

608/ 839-0435 Fax

Catholic Charities

3577 High Point Rd.

Madison WI

608/ 277-0610

Services: Provides Mental Health counseling.

Connections Counseling

1334 Applegate Rd.

Madison WI

608/ 221-1500

Services: Provides Mental Health, Alcohol and Other Drug Abuse Counseling and has a medical doctor on staff who can prescribe medication.

Cornerstone Mental Health

6417 Odana Road Suite C

Madison WI

608/ 271-9986

Services: Provides Mental Health counseling.

Dean Clinic-Madison

1313 Fish Hatchery Road

Madison WI 53715

608/ 252-8050

Services: Provides Mental Health Counseling and has a medical doctor on staff who can prescribe medication.

Dean East Clinic

1821 S. Stoughton Road
Madison, WI 53176
608/ 260-6000

Dean West Clinic

752 N. High Point Road
Madison, WI 53717
608/ 824-4800

Family Service

128 E. Olin Ave., Suite 100
Madison, WI
608/252-1320

Family Therapy Center of Madison

700 Ray O Vac Dr., Suite 220
Madison, WI
608/ 276-9191

Lutheran Social Services

6314 Odana Road
Madison, WI
608/ 277-0610

Madison Psychiatric Associates

5534 Medical Circle
Madison, WI
608/ 274-0355

Marriage & Family Solutions

222 N. Midvale Blvd
Madison, WI
608/ 233-7311

Oregon Mental Health Services

602 Pleasant Oak Dr
Oregon, WI 53575
608/ 835-5050
FAX: 608/ 805-5010

Dean Clinic-Sun Prairie

10 Tower Drive
Sun Prairie, WI
608/ 825-3500

Malen & Associates

759 N. Milwaukee
Milwaukee, WI 53202
414/ 271-1718
Fax 414/ 221-9261

**Lutheran Social Services
of WI & Upper MI**

3003-A N. Richmond St.
Appleton, WI 54911
920/ 730-1338
Fax: 920/ 730-1389
[www. LSSWIS.org](http://www.LSSWIS.org)

Christian Counseling Center

2150 Memorial Drive Suite 213
Green Bay, WI 54303
866/ 224-5260 toll-free
920/ 498-3383
www.ccmcounseling.org

Child Emotion Research Lab

spollak@wisc.edu

Alternatives in Psychological Consultation

414/ 358-7144

Healing Hearts

1268 W. Main Street
Sun Prairie, WI 53590
608/ 834-1122
Info@HealingHeartsCares.com

Cornerstone Counseling Services

916 Clinton St.
Waukesha, WI 53186
262/ 542-3255
Fax: 262/ 542-0823

Oregon Mental Health Services

(In Home Family Therapy)
602 Pleasant Oak Dr.
Oregon, WI 53575
608/ 835-5050
920/674-5050– Jefferson Office

Foundations Counseling Center

(In Home Family Therapy)
619 River Street, Suite F
Belleville, WI 53508
608/ 424-9100

Shorehaven

3900 W. Brown Deer Road Suite 200
Brown Deer, WI 53209
414/ 540-2170
Services: In Home Family Therapy

Counseling Agencies –Jefferson County

Cambridge Counseling Center

120 East Main St.
608/568-9582
Cambridge, WI
Services: Provides Mental Health, Alcohol and Other Drug Abuse Counseling and has a medical doctor on staff who can prescribe medication.

Behavioral Health Counseling

611 Sherman Ave.
920/ 568-9582
Fort Atkinson, WI
Services: Provides Mental Health, Alcohol and Other Drug Abuse Counseling and has a medical doctor on staff who can prescribe medication.

Integrated Counseling Center

734 Madison Ave

Fort Atkinson, WI

920/ 563-9375

Services: Provides Mental Health Counseling.

Staff who can prescribe medication

(staff may be a Nurse Practitioner).

Karis Counseling Ministries

W5949 Hackbarth Rd.

920/ 563-0388

Fort Atkinson, WI

Services: Provides Mental Health Counseling.

Cornerstone Counseling Services

120 S. Main Street

Jefferson, WI

920/ 674-9582

Services: Provides Mental Health, Alcohol and Other Drug Abuse Counseling and has a medical doctor on staff who can prescribe medication.

Oregon Mental Health Services

110 W. Linden Dr.

Jefferson, WI 920/ 674-5050

Fax 920/674-2337

Services: Provides Mental Health Counseling and has a medical doctor on staff who can prescribe medication.

Family Resources Associates

331 N. Main Street

Lake Mills, WI

920/ 648-3896

Services: Provides Mental Health counseling.

Directions (UW– Partners) Counseling Center

129 Hospital Dr.

Watertown, WI

920/ 262-4800

Services: Provides Mental Health, Alcohol and Other Drug Abuse Counseling and has a medical doctor on staff who can prescribe medication.

Family Resources Associates

1315W. Main St.

920/ 261-4100

Watertown, WI

Services: Provides Mental Health, Alcohol and Other Drug Abuse Counseling and has a medical doctor on staff who can prescribe medication.

River City Psychological

218 S. 1st street

Watertown, WI

920/ 261-3450

Services: Provides Mental Health and Alcohol and other Drug Abuse Counseling.

Disability Services

Autism

A.N.G.E.L. Inc.

grant@angelautismnetwork.org

<http://www.angelautismnetwork.org/>

Services: Provides grants to help families of children with Autism Spectrum Disorder pay for services. Grant applications and guidelines can be found on their website, and questions regarding the grant should be addressed through email.

Autism Society of Wisconsin

P.O. Box 165 Two Rivers, WI 54241

1/888/ 428-8476 (info line for parents)

1/920/ 553-0278 (general office)

asw@asw4autism.org

Website: www.asw4autism.org

Services: Provides support, information, and referrals for autism services.

National Autism Association

1330 W. Schatz Lane

Nixa, MO 65714

877/ 622-2884

naa@nationalautism.org

<http://www.nationalautismassociation.org/>

Services: Provides support... Also over "Helping Hand Grants" for families.

Autism Society of Southeastern Wisconsin

9733 W. ST. Martins Road Franklin, WI 53132

414/ 427-9345

Assew3@assew.org

Children & Adults with Attention Deficit/ Hyperactivity Disorder

8181 Professional Place, Suite 201

Landover, MD 20785

800/ 233-4050

301/ 306-7070

ADD/ADHD

301/ 305-7090 (fax)

www.chadd.org

Services: Support and information on AD/HD.

Epilepsy Foundation Southern Wisconsin

1302 Mendota Suite #100

Madison, WI 53714-1059

608/ 442-5555

800/ 693-2287

Epilepsy

(membership required)

<http://epilepsywisconsin.org/>

Services: Works for people with epilepsy and their families to provide access to important services where they live and work.

FACETS Wisconsin Family Assistance Center for Education, Training & Support

600 West Virginia Street, Suite 501

Milwaukee, WI 53204

877/ 374-4677 (toll free) 414-374-4645 (voice)

414/ 374-4655 (fax) 414-374-4635 (TTY)

General

wifacets@execpc.com

www.WiFACETS.org

Services: Training, information, & referrals for children & adults with disabilities, their families & support systems.

Learning Disabilities Association of Wisconsin

414/ 299-9002

Toll Free: 866/ LDA-WISC or 866/ 532-9472

LDAWisconsin@hotmail.com

www.ldawisconsin.com

Disability Rights Wisconsin

Madison Office:

16 North Carroll St., Suite 400

Madison, WI 53703

608/ 267-0214 voice/TDD

1/800/ 928-8778

Milwaukee Office:

2040 W. Wisconsin Ave., Suite 678

Milwaukee, WI 53233

414/ 342-8700 voice/TDD

1/800/ 708-3034

www.w-c-a.org

Education/School

Cooperative Educational Service Agency, CESA #2

1221 Innovation Drive, Suite 205

Whitewater, WI 53190

262/ 473-1473

262/ 472-2269 (fax)

Services/programs on web

www.cesa2.k12.wi.us.programs

Quality Education Coalition

Disability Rights Wisconsin

131 W. Wilson St., Suite 700

Madison, WI 53703

Letter and membership form:

<http://www.disabilityrightswi.org/archives/255>

Wisconsin Dept. of Public Instruction

125 S. Webster St.

P.O. Box 7841

Madison, WI 53703

Lynn Boreson, EBD Consultant

1-800-441-4563 ask for special education

608/266-3390 ask for special education

608/267-1052 (fax)

608/266-1218 (Lynn's direct line)

www.dpi.state.wi.us

Wisconsin Special Education Mediation System (WSEMS)

Marquette University for Dispute Resolution
Education

Milwaukee, WI 53201-1881

1/800/ 298-3857

414/ 288-1425

414/ 288-7537 (fax)

www.marquette.edu/disputeres

wsems@marquette.edu

Wisconsin Statewide Parent-Educator Initiative (WSPEI)

877/ 844-4925

Legal

Director of Vocational Services
1/800/ 314-4567
supportdirector@oppinc.com
www.oppinc.com

Services offered through Opportunities, Inc.

- ☒ Benefit Consultation
- ☒ Guardianship
- ☒ Restorative Justice
- ☒ Assistive Technology
- ☒ Supportive Living Services
- ☒ Adult Day Services
- ☒ Job Preparations and Development
- ☒ Job Coaching
- ☒ Assessment
- ☒ Center Based Employment
- ☒ Transition Services
- ☒ Youth Apprenticeship program
- ☒ Summer Enrichment

Locations:

Opportunities, Inc.— Fort Atkinson
200 E. Cramer Street, Fort Atkinson, WI 53538

Opportunities, Inc.— Oconomowoc
662 Armour Road, Oconomowoc, WI 53066

Transition

Wisconsin Statewide Transition Initiative –

Helping Students with Disabilities

Transition into Adult Life.

Transition Services are provided by local and statewide agencies and are listed by County

<http://www.wsti.org/trd.php>

Transition Topics A-Z

A complete list of transition topics can be found on the WSTI website at

http://www.wsti.org/transition_topics.php.

Legal

ABC for Health

152 W. Johnson St., Suite 206

Madison, WI 53703

1/800\ 585-4222 (client services)

608/ 261-6939

608/ 261-6938 (fax)

info@safetyweb.org

www.abcforhealth.org

Services: Advocacy, Health Benefits Counseling, Legal Services for Health care financing.

Legal Action of Wisconsin

1/888/ 278-0633

www.legalaction.org

Services: Free legal services to low-income individuals. Focus on senior, family, and housing law. Eligibility based on federal government poverty level.

Office of Civil Rights

Midwestern Division, Wisconsin

U.S. Department of Education

111 North Canal Street, Suite 1053

Chicago, IL 60606-7204

312/ 886-8434

312/ 353-4888 (fax)

OCR_Chicago@ed.gov

www.ed.gov/about/offices/list/ocr/index.html?src=oc

Wisconsin Judicare

300 Third Street, Suite 210

P.O. Box 6100

Wausau, WI 54402-6100

715/ 842-1681 (voice or TDD)

800/ 472-1638 (voice or TDD)

715/ 848-1885 (fax)

info@judicare.org

www.judicare.org

Medical Support

Katie Beckett Program

Bureau of Developmental Disabilities
Services (BDDS)

P.O. Box 7851

Madison, WI 53707-7851

1/ 800/ 362-3002

608/ 265-4102

www.katiebeckettwisconsin.org

Katie Beckett Program Waisman Resource Center

122 East Olin Avenue Suite 100

Madison, WI 53713

608/ 265-4102

608/ 263-0802 TTY

Family Support Program

Respite Care

Wisconsin Medicaid

Medical Assistance (MA) Coverage and Benefit of Health care financing

Bureau of Healthcare Financing

6406 Bridge Road

Madison, WI 53784-0018

1/800/ 828-4777 (HIRSP medical insurance)
1/800/ 362-3001 Medical Assistance
1/ 800/362-3002 Medicaid or Badgercare Assistance

Wisconsin Medicaid information)

www.dhfs.state.wi.us/medicaid

Wisconsin Badgercare information

www.badgercareplus.org

United Health Care Children's Foundation

MN012-S286

PO BOX 41

Minneapolis, MN 55440

952/ 992-4459

<http://www.uhccf.org/>

www.abcforhealth.org (Live support available)

Services: Provides grants to cover medical costs not covered by commercial health benefit plans for children under 16 years old. See their website for grant applications and guidelines.

Children with Special Health Care Needs

The Southeast Regional Center for Children and Youth with Special Health Care Needs is one of five Regional Centers in Wisconsin. All centers are dedicated to supporting families with children and youth with special health care needs and the providers who serve them.

1/800-234-5437

www.southeastregionalcenter.org

Jefferson County Health Department

1541 Annex Road

Jefferson, WI

920/674-7275

www.jeffersoncountywi.gov

Watertown Health Department

515 South First Street

Watertown, WI

920/ 262-8090

www.ci.watertown.wi.us

UW Health Partners Watertown Regional Medical Center

123 Hospital Drive

Watertown, WI 53098-3320

920/262-8090

www.uwhpwatertown.com

Fort Atkinson Memorial Health Services

611 E. Sherman Avenue

Fort Atkinson, WI

920/ 568-5000

www.forthhealthcare.com

Mental Health

Family Resources Associates, Inc.

1315 West Main Street

Watertown WI 53094

1/800/ 372-8434–emergency 24–hour line

920/ 261-4100

Mental Health Clinic

Family Resources Associates, Inc.

331 North Main Street

Lake Mills WI 53551

1/800/ 372-8434–emergency 24-hour line

Family Ties

Family Ties is a non-profit organization for families of children with emotional, behavioral, and mental health disorders that provides information, referrals, and advocacy to families. Also provides training for parents as advocates and conducts community education and support groups.

1/800/ 422-7145

<http://www.wifamilyties.org>

Mental Health America of Wisconsin

Office of Public Policy

133 S. Butler, Room 330

Madison, WI 53703

608/ 250-4368

608/ 442-7907 (fax)

<http://www.mhawisconsin.org/>

National Alliance for the Mentally Ill of Wisconsin (NAMI-WI)

4233 W. Beltline Hwy.

Madison, WI 53711

1/800/ 236-2988

608/ 268-6000

608/ 268-6004 (fax)

nami@namiwisconsin.org

<http://namiwisconsin.org>

Wisconsin Bureau of Mental Health & Substance Abuse

P.O. Box 7851

1 West Wilson

Madison, WI 53707-7841

608/ 267-7792

www.dhfs.state.wi.us

Wisconsin United for Mental Health

866-WIUNITED (948-6483)

(Toll Free) 920/ 261-4100

www.wimentalhealth.org

Pregnancy

Evangelical Child and Family Agency

1617 South 124th street

New Berlin WI 53151

1/800/ 686-3232

262/ 789-1881

<http://ecfawisc.org/>

Alpha Life Resource Center

313 East Main Street

Watertown WI 53094

1/800/ 924-6073

920/ 261-9207

Mon & Thur. 1:00–7:00 p.m.

Tues. 9:00 a.m.–12:00 p.m.

Wednesday 12:00–3:00 p.m.

<http://alphalifecenter.org>

Pregnancy test, Counseling, Information,
Resources/referrals.

Glossary

Acute

Having a sudden onset and lasting a short time but demanding urgent attention.

Affect

The visible expression of emotion, especially facial expression. “Flat affect” describes a plain, emotionless facial expression and body language.

Assessment

A professional evaluation of the youth’s condition and needs. This usually includes a physical exam, mental health and intelligence testing, school performance, and a review of their family situation and behavior in the community.

Case Manager

An individual who organizes and coordinates services for an individual.

Clinician

An individual providing mental health services such as a psychologist, social worker or other therapist as distinguished from a researcher or investigator.

Confidentiality

The limiting of access to a child's records to his/her parents and personnel having direct involvement with the child.

Consent

Informed consent requires that the person giving the permission understand the risks, benefits and possible ramifications.

Crisis Residential Treatment Services

Short term, round the clock treatment provided in an unlocked, non-hospital setting during a crisis. The purpose of this treatment is to avoid hospitalization, stabilize the child and determine the next steps.

Crisis Team

Services available 24 hours/day, 7 days/week during a mental health crisis. The crisis team will determine the severity of the crisis and determine the next steps. Every community is served by a Designated Crisis Team. Also known as Emergency and Crisis Services, Emergency Services Programs; Crisis Evaluation Teams, Emergency Screening Team.

Day Treatment

Nonresidential, intensive program of mental health services which allow the youth to return home at night.

DSM IV

An official manual describing mental health disorders.

Early Intervention

Recognizing warning signs that a youth is at risk for mental health problems and taking early action to address the problems. Early intervention can help youth get better more quickly and prevent problems from becoming worse.

Evaluation

A process that begins with a professional assessment and results in an opinion about a child's mental and emotional state. May include recommendations about treatment or placement.

Home Based Services

Short term services provided in the home to help a family deal with a youth's mental health problems.

Individualized Education Program (IEP)

A written special education plan which describes a student's individual needs and the special education services that will be provided.

Inpatient Hospitalization

Around the clock mental health treatment in a hospital setting. The purpose of inpatient hospitalization is to stabilize and treat a youth in crisis.

Mental Health

Mental health includes a person's feelings, thoughts and actions when faced with life's situations. It also includes how people handle stress, relate to others, make decisions and see themselves.

Mental Illness

A term usually used to refer to severe mental health problems in adults.

Outpatient

Treatment provided in the community. This can include diagnosis, assessment, family and individual counseling.

Psychological Evaluation

An evaluation that tests a child's intelligence, aptitudes and abilities, social skills, emotional development and thinking skills.

Psychiatrist

A medical doctor specializing in emotional, behavioral and mental disorders. Qualified to

prescribe medication and admit to hospitals.

Psychologist

A mental health professional with advanced training who can administer psychological tests, and evaluate and treat emotional disorders. Is not a medical doctor and cannot prescribe medications.

Psychopharmacologist

A psychiatrist who specializes in treating mental health disorders with medications.

Psychosis

A disorder characterized by social withdrawal, distortions of reality and loss of contact with the environment.

Release Form

A consent form signed by a parent, guardian, or the court, allowing treatment, testing, or release of information.

Residential Services

Treatment in a setting that provides educational instruction and 24-hour care for youth who require continuous supervision and care.

Respite Services

Provides short term care for a youth in the home or at another location.

Screening

A preliminary assessment.

Social Worker

A mental health professional trained to provide services to individuals, families or groups.

Support Services

May include transportation, financial help, support groups, recreation, respite services and other services to children and families.

Therapeutic Foster Care

A home with trained foster parents where a youth

with emotional disturbance lives and has access to other support services.

Therapeutic Group Homes

Community based, home-like settings providing intensive treatment services, with 24-hour supervision. Services offered in this setting try to avoid inpatient hospitalization and move the youth to a less restrictive living situation.

Transition

The process of moving from one setting to another. Also can mean moving from one activity to another, such as evening to bedtime.

Withdrawing Behavior

Showing a reduced interest in activities and contact with others. Can include absence of speech, regression, fearful behavior, and depression.

Transitional Services

Helps youth move into adulthood or into the adult mental health system. Includes mental health care, supported housing, and vocational services.

Wraparound Services

A full range of services tailored to the needs of a youth and their family. Includes both traditional mental health and support services.

Internet Resources

National Alliance for the Mentally Ill (NAMI)

www.nami.org

Phone: 1/800/ 950-6264

**Helping Others Prevent & Educate about Suicide
(HOPES)**

www.hopes-wi.org

Phone: 608/ 274-9686

Crisis Line: 608/ 280-2600

Teen Depression

www.teen-depression.info (website only)

Depression and Bipolar Support Alliance

www.dbsalliance.org

Phone: 1/800 826-3632

Mental Health America

www.nmha.org

Phone: 1/800/ 969-6642

Suicide Prevention Alliance

www.suicidepreventionalliance.org

Phone: 1/202/ 237-2280

**THIS RESOURCE DIRECTORY
WAS DEVELOPED BY THE FOLLOWING
JEFFERSON COUNTY DEPARTMENTS:**

Headstart

920/674-5577

Human Services

920/674-3105

Health Department

920/674-7275

Birth to Three

920/674-7386

www.jeffersoncountywi.gov

www.facebook.com/JeffersonCounty

The 0 to Five Program

is funded by

Jefferson County

State and Federal Programs

Watertown United Way

